

Facts For Sick Women

First—the medicine that holds the record for the largest number of absolute cures of female ills is Lydia E. Pinkham's Vegetable Compound.

Second—Mrs. Pinkham can show by her letter files in Lynn that a million women have been restored to health by her medicine and advice.

Third—All letters to Mrs. Pinkham are received, opened, read and answered by woman only. This fact is certified to by the mayor and postmaster of Lynn and others of Mrs. Pinkham's own city. Write for free book containing these certificates.

Every ailing woman is invited to write to Mrs. Pinkham and get her advice free of charge.

Lydia E. Pinkham Med. Co., Lynn, Mass.

Private roof gardens are such a success in New York that the large boarding-houses find it necessary to adopt them as a regular summer feature.

DON'T GET FOOT-ROSE, GET FOOT-EASE.

A powder. At this season your feet feel swollen, nervous and uncomfortable. If you have smarting feet or tight shoes, try Allen's Foot-Ease. It rests and comforts; makes walking easy. Cures swollen and sweating feet, blisters and callous spots. Relieves corns and bunions of all pain and is a certain cure for Chilblains, Sweating, Damp or Frosted Feet. We have over 30,000 testimonials. Don't get foot-rose get Foot-Ease. Try it today. Sold by all druggists and shoe stores for 25c. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Under rational treatment the average yield of a bee hive in Palestine is 100 pounds.

When a mau is lost to all shame, a club or a rawhide is the only argument left.

CATARRH

Catarrh has become such a common disease that a person entirely free from this disgusting complaint is seldom met with. It is customary to speak of Catarrh as nothing more serious than a bad cold, a simple inflammation of the nose and throat. It is, in fact, a complicated and very dangerous disease; if not at first, it very soon becomes so.

The blood is quickly contaminated by the foul secretions, and the poison through the general circulation is carried to all parts of the system.

Salves, washes and sprays are unsatisfactory and disappointing, because they do not reach the seat of the trouble. S. S. S. does. It cleanses the blood of the poison and eliminates from the system all catarrhal secretions, and thus cures thoroughly and permanently the worst cases.

Mr. P. H. McAllister, of Harrodsburg, Ky., writes: "Having been a terrible sufferer from Catarrh, and being now sound and well, the question often put to me is, 'What cured you?' In answer I feel it my duty to state that Swift's Specific is the medicine. I am such a true believer in the efficacy of Swift's Specific that I can honestly and conscientiously recommend it to any one suffering from Catarrh. Have recommended it to many, and am happy to say that those whom I have induced to use it can bear me out in the statement that it will cure any case of Catarrh if taken according to directions."



SSS is the only purely vegetable blood purifier known, and the greatest of all blood medicines and tonics.

If you have Catarrh don't wait until it becomes deep-seated and chronic, but begin at once the use of S. S. S., and send for our book on blood and skin diseases and write our physicians about your case.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

SEND NO MONEY

Until you have seen and tested our watch. We sell at Factory Price at One-Half and less than what you have to pay elsewhere. Our watches are fitted with the unequalled im. 17 Jeweled Special Limited, or 7 Jewel Waltham or Elgin Movement, known the world over as the best, and

WARRANTED 20 YEARS

Case is hunking, solid gold pattern engraving, extra is hard gold plate; good enough for a railroad president. Special Offer for the next 60 days! Send your address and we will send watch C. O. D. with privilege of full examination. Call in any expert and if found perfectly satisfactory and the best watch ever offered for such a price pay \$5.35 and express charge \$2.00. Chain for next 30 days with every watch. If not satisfied watch is returned. Write at once to us may not advertise this watch at this price again. Catalogue free. Baselhor Watch Co., 347 Central Bank Bldg., Chicago

PISO'S CURE FOR CONSUMPTION

CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

KEEPS LONELY VIGIL.

LIGHTHOUSE MAN HAS WORRY AND RESPONSIBILITY.

Works Amid Deep Solitude and Must Endure All Sorts of Weather—Place an Appointive One and Free from Wiles of Politicians.

The keeper of a marine lighthouse has not a job, but an office. He is a Presidential appointee and holds a commission which when read out sounds as important as that of the collector of customs or the postmaster. He holds an office of large trust and high responsibility. He is to keep his



LONELY WATCH OF THE LIGHTKEEPER.

lamp trimmed and burning from the dusk of evening till the next daylight. His post is advanced to the edge of the deep and often raging waters—it is a lonely situation and through nights of all weathers he must stay and be vigilant at his post. Should he fail once in the performance of duty what disaster to vessels and crews might not come! The navigator knows and testifies to his worth in the position where he has been placed by the government, but it is certain that he is not much regarded by the general public.

The first lighthouse in the Chicago harbor, says the Chronicle, if it could be so denominated, when the smallest vessels made their way with peril into the shallow mouth of the unimproved river, was erected in 1831. Reckoning from that date, which, in fact, was six years earlier than the city's birth as a corporation, the vast commerce now carried on here had its beginning only sixty-nine years ago. There is nothing like this commercial wonder in the world now, nor ever was. All this since an immense number of men still living and not yet accounted old were born!

When it first was in agitation to erect a lighthouse here of the old pattern, with a stationary light of no great power, there was a man in France deep in studies and busy with experiments to produce a marine light on a new prin-

ciple that should take the place of every other the world round. Fresnel was that man. Indeed, he began with his experiments ten years earlier. Over in France was Fresnel at work on a marine light that was destined to send its apprising flashes from six several towers in the Chicago harbor over the waters to the horizon. The Frenchman lived to perfect his light; he was appointed secretary to the lighthouse board of France in 1825 and while he was in that position he replaced reflectors with lenses and invented the revolving light. Then he added prismatic rings. The result was the system that still goes by his name and has long since changed the mode of lighthouse illumination throughout the world. It is now used exclusively by the United States.

description applies to the first order of lenses, which are used in the great lights on the seacoast. For the second order of lenses, such as used in the lights in the Chicago harbor, a lamp with three concentric wicks was adopted. The annual consumption of oil by the lenses of the first order is 694 gallons and of the second order 461 gallons. The lenses cost but little more than the old reflectors and the saving of oil is great. The ratio of effect of the lens light is to that of the reflector light as 4 to 1—that is, one gallon of oil burned in a lens throws as much light to the horizon as four gallons burned in a reflector light.

During the last twenty-five years there has been a great increase in marine lighting in the ninth lighthouse district, which includes Minnesota, Michigan, Indiana, Wisconsin and Illinois. The number of lighthouses in this district is 127, and every light is a Fresnel. A new lighthouse built at Manitou Island is fine, costing the government a good sum of money. Beside it is the fog signal contrivance and a little distance off is the oil tank inclosed neatly. The house in which the lighthouse keeper dwells is supplied with the modern conveniences and is handsome enough to be called a villa. A large quantity of stores is required to be kept constantly in the district, and these are substantially housed in a government building in St. Joseph, Mich.

The official headquarters of the ninth district is in Chicago. It is in charge of Commander F. M. Symonds, United States navy. Commander Symonds says that the Chicago lighthouses are reckoned among the best on the lakes.

Risked His Life in a Canoe.

A young Frenchman named Felix Chaulois, a Parisian student, about 25 years of age, was given an enthusiastic reception on the sands at Calais upon his reaching shore after an adventurous voyage across the channel from Dover in a small canoe.

M. Chaulois, who had been staying at Dover, left the English shore on Sunday morning at 8 o'clock in a canoe belonging to the Dover Rowing Club, of which he was a temporary member. It is an exceedingly frail craft, measuring about 14 feet in length and 2 feet wide, covered at both ends. The well in which the canoeist sat is 3 feet long by about 20 inches wide. She was in the same condition when he started as when used for ordinary pleasure purposes, the only protection he had to keep the water out being the ordinary weather boards.

There was a light northwesterly wind as he started from Dover, but later in the day the wind veered to southwest and freshened, and there was quite an unpleasant ripple on the water. Chaulois was at first carried away on the flood tide a good deal to the eastward, but he had the advantage of having his course for Calais given him by Captain Delahaye of the cross-channel mail packet Le Nord. It appears, however, that he drifted many miles out of his course, as the tide turned westward, and it was not until 10:30 on Monday that he reached Calais. He was unaccompanied throughout the passage.—London Chronicle.

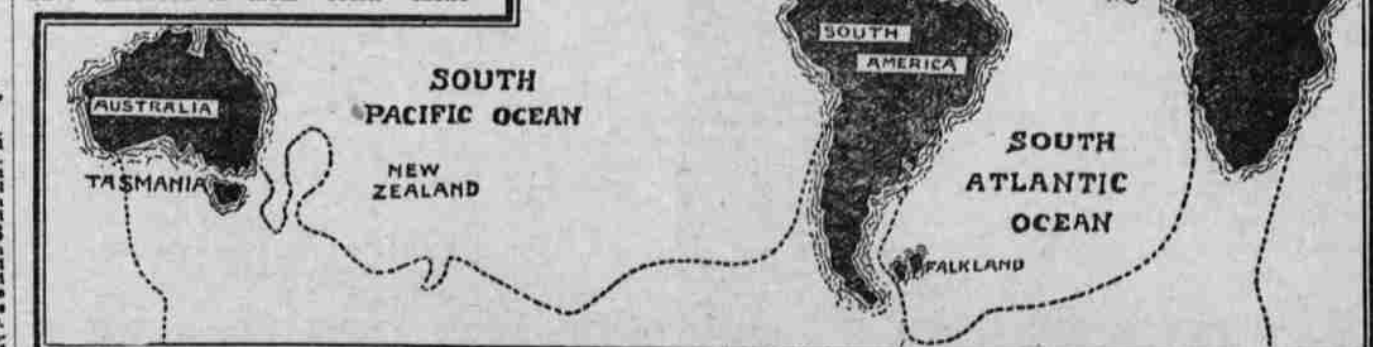
Does Cooking Spoil Food?

Prof. B. Tyler, of Indianapolis, says that human life would average three or four times longer than it does if people would reject the senseless practice of cooking their food. Animals and fowl live much longer in proportion to the period of full development than man. Says Prof. Tyler: "Man, for some unknown reason, eats dead cells (cooked cells) to replace the dead cells that have been separated from the body. In cooking food all the acids and gases so necessary for the conservation and preservation of ideal health escape with the steam, and the food retains a greater supply of ash, lime and other such substances than nature requires for the amount of food taken into the system."

Whenever a girl takes it into her head to wave a broom at the head of a mob, she is called a Joan of Arc.

ALL ONE CONTINENT.

This map shows the formation of the land which scientists now affirm connected Australia, Africa and America, making of the three one great antarctic continent. For proof of this the fact is pointed out that the ancient sea beaches of Patagonia, which are now far inland, have imbedded in them fossil shells



which are exactly like those found in parts of Australia. It is probably more than 1,000,000 years ago that the continuous coastline of both continents became divided.

The fauna of the three countries are beyond doubt descendants from the same ancestors, for it is absurd to assume that there could at one time have been a land bridge across the great expanses of ocean; or that there can ever have been migration by means of drifting wood.

The ostrich is cited as another proof. It is found both in Australia and Africa, but is, nevertheless, a non-flying bird. But it is more particularly among extinct animals, whose remains are from time to time unearthed, that investigators have been able to establish their theory beyond doubt.

Now, the discovery of an antarctic continent is looked forward to with more importance by scientists than the discovery of the north pole.

Every Exertion a Task Every Care a Burden

There is failure of the strength to do and the power to endure; there is weakness "all over" that is persistent and constant.

The vital functions are impaired, food does not nourish, and the whole system is run down.

A medicine that strengthens the stomach, perfects digestion, invigorates and tones is needed.

What Hood's Sarsaparilla did for Mrs. J. B. Garland, Shady, Tenn., it has done for others. She took it when she was all run down—without appetite, losing flesh, and unable to do her work. It restored her appetite, increased her weight, and made her well and strong. This is her own unsolicited statement.

Hood's Sarsaparilla

Promises to cure and keeps the promise. The earlier treatment is begun the better—begin it today.

The natives of Hawaii, be they ever so poor, never steal or beg. These offences are confined almost exclusively to the Portuguese residents of the island.

\$100 REWARD \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers, that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & CO., Toledo, O. Sold by druggists, 75c. Hall's Family Pills are the best.

Cyclists should take warning and not ride behind motor carriages. In England a wheelman was riding behind a horseless carriage; the latter was brought suddenly to a standstill, and the cyclist sustained a serious injury to the brain.

TO CURE A COLD IN ONE DAY

Take Laxative Bromo Quinine Tablets. All druggists refund the money if it fails to cure. E. W. Grove's signature is on each box. 25c.

RHEUMATISM, SCIATICA, immediately relieved; positively cured by "Rheumatoid." Prepared only by the Rheumatoid Co., 368 W. 11th St., New York.

In Mauritius they make tea of the leaves of an orchid. In Peru they drink mate, a tea made from a native species of holly. The Abyssinians make tea from the leaves of catha edulis, which has strong stimulating qualities.

Chinese Like Americans Best.

Up to the beginning of the present troubles, it has been somewhat remarkable fact, according to the Philadelphia Inquirer, that no American citizen, traveler, business man, diplomat or missionary, has ever been murdered in China by the Chinese. This can be said of the citizens of none of the other great powers which have had constant and long-continued intercourse with the East. This, it is said, is not a mere coincidence, or accident. The Chinese like Americans. Of course, the statement is made with the reservation that they do not like any foreigners as a resident of China, but as compared with the people of the great European powers, they like the Americans. Whenever they ask a man of what nationality he is, and his answer is that he is an American, they at once exclaim, "We are friends."

The Best Prescription for Malaria

Chills and Fever is a bottle of Groves' Tasteless Chill Tonic. It is simply iron and quinine in a tasteless form. No Cure, No Pay. Price 50c.

Farmers who keep common sheep and depend upon wool, do not know how specimens of some breeds may be made to reach great weights. A 2-year-old grade Lincoln wether in England was slaughtered, its live weight being 434 pounds. The carcass weighed 304 pounds, the loose fat 34 pounds, the skin, blood and entrails 90 pounds and the waste 6 pounds. Sheep weighing 300 pounds live weight are numerous in this country.

PILES

"I suffered the tortures of the damned with protruding piles brought on by constipation with which I was afflicted for twenty years. I ran across your CASCARETS in the town of Newell, Ia., and never found anything to equal them. To-day I am entirely free from piles and feel like a new man."

C. H. KEITZ, 1411 Jones St., Sioux City, Ia.

CANDY CATHARTIC

Cascarets

TRADE MARK REGISTERED

REGULATE THE LIVER

Pleasant, Palatable, Potent, Taste Good, Do Good, Never Sicken, Weaken, or Grippe, 25c. 50c.

CURE CONSTIPATION.

Sterling Remedy Company, Chicago, Montreal, New York, 219

NO-TO-BAC Sold and guaranteed by all druggists to CURE TOBACCO HABIT.